



JEFF HARPER/METRO

Welcome to rum country

CANADA-WIDE

Haligonians drinking more of the spirit than any major city



Haley Ryan
Metro | Halifax

It looks like Halifax has come out the winner in something near and dear to many liquor-loving hearts: Rum.

National Rum Week is running from Aug. 16-22, and spokeswoman Sherri Zielinski said Halifax has been confirmed as Canada's "rum capital" with our residents drinking 35 per cent more per capita than any other major city.

"It just has a wonderful, colourful history and I think (it's) the fact that there's a his-

tory of Halifax and the rum runners and the Navy," Zielinski said Tuesday.

"It's big on land and sea," Zielinski said the percentage is based on liquor sales, and Nova Scotia overall sold more than 212,000 cases of rum last year.

Rum also makes up 40 per cent of all liquor sales in total at the Nova Scotia Liquor Corporation, Zielinski said.

Even when it comes to options of rum, Zielinski said our variety in liquor stores "fast surpasses" everybody else in Canada.

"People like rum, but you guys really like your rum," Zielinski said with a laugh.

Bars across the country are crafting rum drinks and celebrating the spirit this week, while bartenders from Lot Six and The Bicycle Thief in Halifax are featured creating their own cocktails on the Rum Week website.



I think (it's) the fact that there's a history of Halifax and the rum runners and the Navy.

Sherri Zielinski, National Rum Week spokeswoman

LEARNING TO LEAN IN

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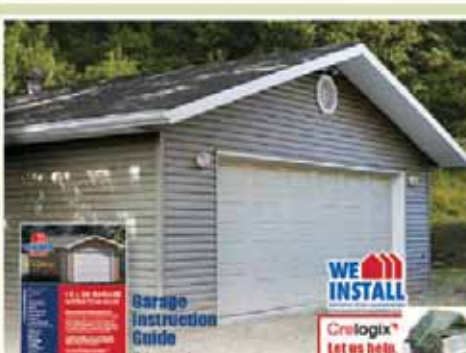
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The Dartmouth & District Pipe Band celebrate after placing fourth in their category at a recent international competition in Glasgow, Scotland. CONTRIBUTED

‘It was fantastic being over there’

MUSIC

Local bands test their mettle across the pond

Rebecca Dingwell
For Metro | Halifax

Clad in plaid with music in their hearts, two local pipe and drum bands fared well overseas this past weekend.

Both the Dartmouth & District Pipe Band and the 78th Highlanders Halifax Citadel Pipe Band made the finals in their respective categories at this year's World Pipe Band

Championships in Glasgow, Scotland.

The 78th Highlanders ended up ranking 12th among the Grade 1 bands. Simply put, it can call itself the 12th best pipe band in the world.

“Our goal was to make it into the finals, which we did,” Highlanders pipe major Alex Gandy said Tuesday. “Some of the bands who are over there and regulars in the top six — their spot is pretty well-sealed.”

Although Gandy has played in Scotland before, this was his first time leading a group there.

“It was fantastic being over there with the band,” Gandy said. “We had a great time.”

The Highlanders were unable to make it to the world championships last year, so

they spent a lot of time playing within the country. This season, they went undefeated in Canadian competitions.

With that accomplishment in mind, Gandy encouraged the 35-player band to stay humble.

“We played against four other Grade 1 bands on Canadian soil,” Gandy said. “We were feeling good going into it, but the world (championships) is a totally different ball game.”

Dartmouth & District shared in the glory by winning fourth place in the Grade 3A category.

Scott Long, the group's pipe

major, feels it's a great achievement for the band of about 30 members.

“For us, it's like a win to get on the prize list (in Scotland),” Long said. “It's not easy to do.”

This was Dartmouth & District's second time going across the pond for the competition. In 2012, they placed eighth.

Long said they hope to continue making the trek to Glasgow every three years.

“The level of play in Scotland is, for the most part, substantially higher than it is in North America these days,” Long said.



It's important for us to go there so we can discover that standard and try to rise to that.

Scott Long



The 78th Highlanders Halifax Citadel Pipe Band CONTRIBUTED

GREEN SPACE

Small parks need sprucing up, too

One local councillor is hoping to show some tender love and care to a few of Halifax's smallest parks.

Coun. Wayne Mason is inviting residents to two sessions this week, one in Inglis Street Park and the other at the corner of Queen and Green Streets (across from the Queen Street Sobeys) to brainstorm ideas on how to revitalize some of the area's green spaces.

The Halifax South Downtown representative explained Tuesday both the municipality and community tend to overlook what he calls "pocket parks," and instead focus their attention on larger recreational areas, such as Point Pleasant Park.

However, Mason said many of these smaller spaces function to serve various facets of community life and need "lots of love," from new benches and picnic tables to paint jobs, signs and general maintenance.

Working on bringing new life to many of his area's green spaces, such as Gorsebrook Park, is an ongoing project that is backed-up by district

MEETINGS

Pop-up park sessions

Coun. Wayne Mason is hosting two meetings this week for residents to dream up and discuss ways to revitalize the area's smaller parks.

Wednesday, Aug. 19

from 4 to 6 p.m. at Inglis Street Park.

Friday, Aug. 21

from 4 to 6 p.m. at the corner of Queen and Green Streets.

STEPHANIE TAYLOR/METRO

capital funding set aside for renovations, he said.

Overall, what Mason is hoping to achieve with the upcoming public engagement is to re-connect people with these parks and encourage residents or community groups to "adopt a park" in order to help with upkeep, for example, hosting a spring cleaning event or painting party.

STEPHANIE TAYLOR/METRO

IMPAIRED DRIVING

Charges against Rankin dropped



Zane Woodford
Metro | Halifax

A Halifax city councillor has had drunk driving charges against him dropped.

Coun. Reg Rankin was arrested the evening of Mar. 26, 2014, after a vehicle backed into his home on Maplewood Drive in Timberlea.

Police charged him with impaired driving and failing a breathalyzer test.

On Tuesday, the Crown presented no evidence in court to support those charges, and both were dropped.

"It wasn't a surprise, but it also wasn't something that I was sure was going to happen," Rankin's lawyer, Stan MacDonald, said. "It's a relief for him."

"I'm satisfied with the outcome," Rankin said Tuesday afternoon.

The 65-year-old Halifax Regional Municipality councillor, who represents Timberlea-Beechville-Clayton Park West, took a two-month paid leave of absence after the incident



Coun. Reg Rankin METRO FILE

last spring.

He had done the same in 2011 as well, to seek "professional help and medical treatment" after "significant personal reflection," he had told Metro.

When asked what his constituents should make of Tuesday's news, Rankin offered no comment. "What's been a constant all my public life ... is that citizens will always be the judge of my performance in that public career."



A pedestrian crosses a bridge in Bedford over the Sackville River earlier this year. The city is planning to complete a fully floodplained map of the river for the protection of the environment and its citizens. JEFF HARPER/METRO

River recognition

PLANNING

Updated flood mapping will assess climate change impacts



Stephanie Taylor
Metro | Halifax

A new study looking at the potential effects of flooding along two rivers in the Sackville area could mean future rule changes for planning in the area.

The city recently approved spending \$70, 853.47 to hire an engineering consultant to complete the first phase of a two-part study that will create new floodplain maps for both the Sackville and Little Sackville rivers.

A floodplain is defined as a low-lying area adjacent to a river, which is mapped to determine what lands are most prone to flooding in a 20-year and 100-year rainfall event.

"We ... are keenly aware that the process of climate change is impacting the municipality," Cameron Deacoff of HRM Energy & Environment said Tuesday.

Besides examining the effects of a changing climate, he explained updated flood mapping is needed, since current data on the rivers are based on a 1988 survey and followup study done in '98.

With nearly two-decades old data and the availability of today's more accurate mapping technologies, Deacoff said it proves "more appropriate and effective" to complete a new floodplain map of the entire watershed.

That is especially true for resi-

“One way to protect the river is to protect its floodplains.”

Sackville Rivers Association President Walter Regan

dents and businesses located at the lower reaches of the Sackville River along Union Street, which have encountered flooding regularly over the past several years, according to Walter Regan, president of the Sackville Rivers Association.

The new study will examine the length of both river systems to its headwaters in East Hants, which cross the communities of Beaverbank, Bedford, Lucasville, Hammonds Plains, Mount Uniacke, as well as Upper, Lower

and Middle Sackville.

"This will be the first time, that I'm aware of, that a complete river will be fully floodplained for the protection of the environment, the rivers and its citizens," Regan said Tuesday.

If the new maps show the lands prone to flooding have extended beyond their current boundaries, Deacoff said that "would potentially mean changes to what people are authorized to do in terms of buildings or other uses of their property."

However, he emphasized any changes to planning rules would require significant public consultation and approval by community, if not Halifax Regional Municipality's city council.

"The first part of the study is to be completed by October, with the second part expected to take another six months," Deacoff said.

WINTER

City seeking snow removal equipment

\$72,000

Cost of having the extra equipment on retainer, according to a staff report.

spokeswoman.

Jennifer Stairs said having hourly equipment on retainer is nothing new for the city, but with existing contracts from 2011 now expired, and

given the aftermath of last winter's wallop, the type of equipment being sought has changed.

"We're looking for more graders to have on retainer (up to six) and less of other pieces of equipment," such as tandem, plus one and five-tonne trucks, Stairs explained.

Increasing the availability of graders and other heavy equipment for clearing catch basins was one of the staff recommendations approved

by the Halifax Regional Municipality's committee of the whole during an earlier debate on last season's winter operations.

During the same debate, the committee also approved the expansion of performance-based contracts in order to consolidate the efforts of their corporate fleet on Peninsula Halifax, in Clayton Park, Fairview, as well as central Dartmouth and Burnside.

STEPHANIE TAYLOR/METRO



David and Megan Roache get a big cheque from the Atlantic Lottery Corporation on Tuesday. CONTRIBUTED

Area couple wins lottery

ALC

Family plans to take a vacation, pay off mortgage

Rebecca Dingwell
For Metro | Halifax

Megan Roache was tending to the garden at her Spryfield home when her husband, David Roache, yelled for her to come inside.

She ran into the house, wondering what was wrong.

As it turned out, David was frantic with excitement and “doing his happy dance” in the kitchen.

They’d just won the Set for Life lottery — a secret they had to keep for a week before the official announcement Tuesday.

“A weight came off our shoulders,” Megan, who works part time at a local gardening centre, said Tuesday after the announcement. “It’s going to help us and our (two) kids out so much.”

David, an upholster, said he’s bought a Set for Life ticket in just about every draw, and his consistency

finally paid off, in the form of \$675,000.

“I bought one ticket, won six dollars, threw two dollars into the pot and bought two (more),” he recalled.

David said he asked the store clerk to give him one ticket from the top of the pile and one from the bottom, “like a good Vegas dealer would.”

“I don’t know which one it was — the top or the bottom — but it worked out.”

When David scratched the ticket to reveal his hefty winnings, he couldn’t believe his eyes.

“I didn’t go to the retailer, just because of the extra publicity I didn’t want at the time,” David said.

“So, I just had to grin and bear it overnight.”

The Nova Scotia couple chose the “lump sum” option rather than receiving \$1,000 dollars every week for 25 years.

They said their immediate plans are to pay off the mortgage and the university education of their daughters.

Of course, they’ll be using the cash to have fun, too.

“We’ll actually be able to have a family vacation, which is something we’ve never been able to afford to give (our children),” Megan said.

CRIME

Halifax RCMP release photo of shoplifter

Kristen Lipscombe
Metro | Halifax

The Mounties released a video surveillance photo Tuesday of a suspect from a shoplifting and assault case at a Cole Harbour grocery store earlier this summer, in the hope the public can help track her down.

The woman in the photo was allegedly seen stealing by two

loss prevention officers at the Sobeys on Forest Hills Parkway just before 2:30 p.m. on June 19.

When confronted by the officers, she assaulted one of them before running out the door with the goods she had grabbed, according to a Halifax RCMP news release.

The woman — described to



Suspect in Sobeys robbery CONTRIBUTED

police as a white woman in her mid-to late 20s — then jumped into a blue Crown Victoria with a Canadian flag on the antenna. She took off from the parking lot, police said.

She was described by witnesses as having blonde hair and tattoos on her left forearm.

She was wearing black and white leggings, a black tank top and white sandals at the time of the crime, the RCMP news release said.

“To date, investigators have not been able to identify the woman through the course of their investigation,” the news release said.

“As result, police are seeking the public’s help by releasing a photograph of the suspect taken from video surveillance.”

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Megan Roache, Set For Life winner

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Rugby clinic introduces game to kids and teens

PLAY

TrySport program encourages active youth



Zane Woodford
Metro | Halifax

On the rugby pitch, June Beals is what you might call a natural.

She started playing the game five months ago as a Grade 12 student at Cole Harbour High School.

By the end of the season, she'd been recruited to play for the national championship-winning St. Francis Xavier X-Women this year.

"I have to work really hard," Beals said of the next step in her career.

"I'm good at rugby, but it's not enough to be good at a university level. I want to be great."

She said rugby isn't played enough, and it's only now starting to become an option for kids.

"I wish they had this when I was younger; I would've started earlier," she said.

That was the point of a one-



Jack Hanratty blows the whistle to start a drill during a game by Halifax RCMP at Graham Creighton Junior High School in Cherrybrook on Tuesday. JEFF HARPER/METRO

day rugby clinic Tuesday in Cherrybrook, where Beals was one of the coaches.

Put on by Halifax RCMP through their TrySport program, the camp brought close to 50 kids from the ages of five

to 15 from North Preston, East Preston and Cherrybrook out to Graham Creighton Junior High School to try the game for a day.

Rugby Nova Scotia head coach Jack Hanratty took the lead on the clinic.

Back in his home country of Ireland, rugby is "bread and butter — when you're five, you

go and play rugby."

In Nova Scotia, it's quite the opposite.

"Everybody's on the same level, because nobody's played it," said Hanratty, calling that a "huge positive."

"What we try to do is pick up on what sport they play or what activity they do.... We'll take the previously learned

skills, and try to adapt them into rugby."

RCMP Cpl. Kwabby Oppong started TrySport a few years ago, hoping to introduce kids to sports they hadn't been able to play before.

"You can see the potential and the athleticism in a lot of kids," he said.

"That they're doing it and smiling and having a good time just goes to show that they're having fun and it's well worth it for us to all get to hang out and play some rugby together."

We're always just trying to promote positivity and trying to work with the community and promote relationships ... and at the same time making good, positive lifestyle choices.

RCMP Cpl. Kwabby Oppong

What we're looking to do is get people knowing what the game of rugby is.

Rugby Nova Scotia head coach Jack Hanratty

Police probe armed home invasion



Kristen Lipscombe
Metro | Halifax

Shots rang out in North End Halifax during a home invasion late Monday, police said.

Officers responded to a report of shots fired in the Merson Avenue and Drummond Court area at about 11 p.m. After arriving on scene, they determined that a home invasion had occurred on the 5600 block of Drummond Court, according to a Halifax Regional Police news release.

Occupants at the home told police that one assailant "kicked in the front door of the residence." One person inside used bear spray on the man, who took off while "falling to the ground several times," according to the police news release.

That man was described as black and six feet tall.

He had his face covered by a multi-coloured bandana and was wearing a white zip-up hoodie.

Witnesses also reported seeing a second black man running from the scene, though there is no further description of him, police said.

Officers found a loaded revolver on the sidewalk in the area, the news release said.

Man dies in motorcycle collision

A 55-year-old Nova Scotia man died in a motorcycle crash Monday night.

Mounties responded to the collision in Blind Bay, a small community on the southwest outskirts of Halifax Regional Municipality, at about 7:20 p.m. Emergency medical workers pronounced the man, from Head of St. Margarets Bay, dead at the scene, a Halifax RCMP news release said.

"The deceased was travelling with a second motorcyclist who was not involved in the crash itself and suffered no injuries," the release said.

The deceased himself was "a newly licensed" biker who crashed on "a sharp turn," police said, adding alcohol and speed don't appear to have been factors.

KRISTEN LIPSCOMBE/METRO

CRIME

More prostitution charges laid against Halifax-area man



Haley Ryan
Metro | Halifax

A 26-year-old man already facing a slew of human trafficking and prostitution-related charges is facing more in connection to a 19-year-old victim.

Richard Hover Cooper faces seven additional charges following an investigation by the vice unit of the Halifax Regional Police's criminal investigation division, according to a news release sent out Tuesday.

Police said the charges stem from offences committed against a 19-year-old woman from December 2013 to March 2014. She was 17 years old when the offences first occurred.

The charges are: procuring prostitution, trafficking a person under the age of 18, receiving a financial or material benefit obtained by the commission of the purchasing offence (underage victim), exercising control of movements of a person to aid in prostitution, living off the avails of prostitution, assault, and uttering threats.

Cooper has been in custody since his arrest in April and is facing 13 other charges including sexual assault, procuring underage prostitution and trafficking a person under the age of 18 related to two female victims aged 17 and 19 and a 16-year-old boy.

A 16-year-old Dartmouth boy was also charged with prostitution-related charges and making child pornography as part of that investigation.

Cooper is set to appear in Halifax provincial court Tuesday to face the new charges.



DARTMOUTH LIBRARY GOES POP Asia & NuGruv perform and the Tin Pan Alley food truck serves up lunch at the launch of a pop-up park in the parking lot of the Woodlawn Library in Dartmouth on Tuesday. JEFF HARPER/METRO



EDUCATION STUDENTS SPEAK UP Canadian Federation of Students chairwoman Michaela Sam helps chalk up Spring Garden Road to share federal election issues that post-secondary students care about. JEFF HARPER/METRO

Heritage property goes on the market

REAL ESTATE

Present zoning allows sites to be used for retail, condos



Haley Ryan
Metro | Halifax

The Archdiocese of Halifax-Yarmouth has put up their Grafton Street heritage property for sale in the hopes of bringing in \$10.5 million.

On Tuesday, financial administrator Peter Browne said the Roman Catholic archdiocese has been hoping to do something with the properties at 1531 and 1521 Grafton for the past 10 years, but finally decided to sell after a letter from the bishop.

"(It) said, 'Stop doing the things that you've been doing the same way for years and years,'" Browne said.

It was at that point last year,

Browne said, they put together a plan to sell the property, since they were spending "a lot of time and energy" taking care of a building of which they use about 40 per cent.

Browne said the plan is to devote more energy to the mission, and invest the money brought in from the sale to set the church's operating costs for years to come.

The archdiocese hopes they, with tenants Taz Records and Maritime Hobbies & Crafts, can stay in the historic properties, built in 1889 and 1904 at the former Saint Mary's Boys and Girls Schools, for at least the next two years, Browne said.

Mike Larisey, co-owner of Maritime Hobbies, said he hopes the new owners accept them as tenants, as the business has been a Halifax institution since 1947 and has been in that location for over 18 years.

"They may want to do some renovations and change things," Larisey said, adding it might be difficult for a developer to totally rebuild on the historic property.

"At that time, that's when

we'd most likely say, 'OK, well, what does it mean for us?'"

Tom Gerard, a real estate adviser with KW Commercial Advisors, said the property is listed at \$10.5 million and a request for proposals is open until Sept. 24.

Gerard agreed the process from sale to development usually takes at least two years, and with its current zoning, the property could be used for multi-family units in a condo building or anything from hotels to retail.

"You're on Spring Garden Road near the new library ... so it's certainly a proven location for these types of uses," Gerard said.



If you maintain the facades, you can preserve the character and the historic flavour of streetscape.

Tom Gerard

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NIAGARA FALLS

Live baby locked in hotel safe

Police are looking for an American couple after staff at a Niagara Falls, Ont., hotel said they found a baby locked inside a room safe.

Niagara Regional police said the baby's parents alerted the hotel about the incident at 10 a.m. on Tuesday, and a maintenance worker freed the crying child.

Det.-Sgt. Scott Kraushar said the parents were at the scene but they left with the baby before police arrived.

"They were quite distraught and brought the cleaning staff back to the hotel room," he said.

"Unfortunately there was a delay in contacting police, and we're not thinking that they were trying to run, they just checked out during that time."

He said there is no information about why the baby was inside the safe.

The hotel's manager, Kevin Liddle, said he was made aware of the situation through other staff and instructed them to contact police.

"We as management are deeply concerned by (Tuesday's) events," he said.

"The local authorities were contacted and the hotel is co-operating with them fully."

Investigators said the hotel room was registered to a person from Brooklyn, N.Y., who was driving a grey passenger van with the New Jersey licence plate B31 EUB.

Kraushar said police want to locate the family to find out about the welfare of the child.

THE CANADIAN PRESS

Reporters heckled at event

ELECTION 2015

Journalists' line of questioning angers Harper supporters

A few Conservative supporters took to shouting down reporters' questions to Stephen Harper Tuesday, apparently angry the journalists continued to ask questions about the continuing criminal trial of Senator Mike Duffy.

Hecklers booed and cried "shame" when journalists used a few of their daily "allotment" of five questions to Harper on the Duffy trial, where Harper's former chief of staff, Nigel Wright, is on the stand.

The hecklers demanded the journalists ask about the issue at hand: a piece of legislation introduced by the Conservatives in March, which would be their top public safety priority if re-elected.

One shouted to the journalists that they should ask questions about seniors.

\$12,500

The amount news outlets pay per week, plus hotel and meal expenses, to cover the Conservative campaign. Reporters are transported by the campaign to Harper's events and permitted to ask a few questions of their choosing each day.

TORSTAR NEWS SERVICE



During a campaign stop in Etobicoke, Ont., on Tuesday, advocates of the Progressive Conservative Party sharply attempted to steer media away from inquiries about the criminal trial of Sen. Mike Duffy, claiming they should focus on anti-terrorism and the needs of seniors instead. SEAN KILPATRICK/THE CANADIAN PRESS

Harper, for his part, attempted to quiet the supporters down and dealt with the questions asked of him.

Outside the event, one man who refused to identify himself called a reporter "lying piece of s—t" and accused her of cheating her taxes.

"Duffy made a bit of cheating on his tax return, and you're turning it into an issue," the man yelled in footage posted online by CBC.

"It's not a deal; it's a nothing. Harper doesn't read income tax forms, you idiot. It's done by the people in the tax department."

It's not clear where the man got the idea that the Senate spending scandal had anything to do with income tax or the

tax department, also known as the Canada Revenue Agency. The man was escorted away by security, directing reporters to "stuff" themselves.

Kory Tenycke, a spokesman for the Conservatives re-election campaign, apologized for the incident and said supporters would be reminded of appropriate decorum at future events.

For the past week, media outlets have largely focused on the Duffy trial. Wright, who cut a personal \$90,000 cheque to cover Duffy's disputed housing expenses, has been testifying since Wednesday.

Emails released as evidence in that trial show that senior members of Harper's office, including Wright's replace-

ment Ray Novak, were looped in on many of the conversations about how to handle Duffy's circumstances.

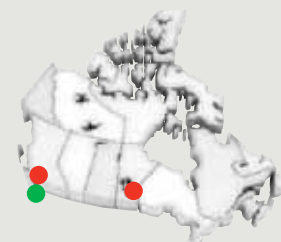
Novak continues to play a role on the Conservatives' re-

election campaign, as does Marjory LeBreton, a retired senator who co-ordinated with PMO on the Duffy issue.

TORSTAR NEWS SERVICE/WITH FILES FROM THE CANADIAN PRESS



WHERE THE LEADERS ARE TODAY



● **Justin Trudeau** will be in Winnipeg to make an announcement and then in Vancouver to do the same.

● **Elizabeth May** will be greeting commuters in Saanich, B.C.

Itineraries for Stephen Harper and Tom Mulcair were unavailable.



Donald Bayne, lawyer for former Conservative senator Mike Duffy, claimed at the Ottawa courthouse on Tuesday that Harper's chief of staff, Ray Novak, was in the loop from the very beginning on Nigel Wright's machinations. FRED CHARTRAND/THE CANADIAN PRESS

TESTIMONY

PM contradicted at Duffy trial

Testimony at the trial of Sen. Mike Duffy has put Stephen Harper's right-hand man smack in the centre of the scandal, contradicting the Conservative campaign's assurances.

Ray Novak, Harper's chief of staff and current campaign director, was in touch right up until the call of the federal election with Nigel Wright — the ex-chief of staff whom Harper has repeatedly held responsible for the scandal.

And court heard that Novak has been in the loop from the very beginning on the behind-the-scenes machinations that eventually led to Wright's departure from the Prime Minister's Office and some of the charges laid against Duffy.

That version of events directly contradicts what the Conservative campaign told re-

porters late last week — that Novak was not aware.

The information emerged during Duffy's trial on fraud, breach of trust and bribery charges.

Defence lawyer Donald Bayne read out an interview conducted by the RCMP with former PMO lawyer Benjamin Perrin in February 2014.

Perrin told the RCMP investigator that it was "black and white" that Novak was told that former chief of staff Wright would foot the \$90,000 bill for Duffy's contested expenses.

"I believe that Ray Novak was in the room at that time," Perrin said in a transcript that was read out in court Tuesday by Bayne.

"The people who from my own personal knowledge knew about this was, obviously, Ni-

+ UNDER FIRE

Under questioning from Duffy's lawyer, Wright at first said he had last spoken to Novak in May or June, but then said he had exchanged text messages with him "probably about two weeks ago."

Wright says he does not have a record of the messages. THE CANADIAN PRESS

gel Wright, Ray Novak, we've gone through that, and David van Hemmen, Nigel Wright's assistant."

Despite leaving the PMO under a cloud after his \$90,000 payment became public, Wright said he is still in contact with Novak. THE CANADIAN PRESS

Video shows man leaving backpack at bomb scene

THAILAND

Images taken from security footage at crowded shrine

In the grainy security video, a man in a yellow shirt sits on a bench at the crowded Erawan Shrine, removes a backpack he is wearing, and leaves it behind when he walks away.

For police hunting who was responsible for Monday's deadly bombing in central Bangkok, there was no doubt about the man with youthful shaggy dark hair and glasses.

"The yellow shirt guy is not just the suspect. He is the bomber," police spokesman Lt. Gen. Prawut Thavornsiri told The Associated Press on Tuesday.

Prime Minister Prayuth Chan-ocha called the shrine bombing near a busy intersection that killed 20 and wounded more than 100 "the worst incident that has ever happened in Thailand," and he promised to track down those responsible.

"There have been minor bombs or just noise, but this time they aimed for innocent lives," Prayuth said. "They want to destroy our economy, our tourism."

Bangkok was rattled again Tuesday when another pipe bomb blew up at the Sathorn Pier, which is used by tourists, although no one was hurt.

Prawut released several photos of the man, with and without the backpack, on social media. The images were apparently taken from closed-circuit video at the shrine be-



A man lights a candle near the scene in Bangkok where 20 people lost their lives Monday. SAKCHAI LALIT/THE ASSOCIATED PRESS

fore the bomb exploded.

Video posted separately on Thai media appeared to show the same man sitting on a bench at the shrine, taking off the backpack and leaving it behind as he walked away.

Without elaborating, the prime minister said: "Today we have seen the closed-circuit footage, we saw some suspects, but it wasn't clear. We have to find them first."

Prayuth said the government will expedite "all investigative efforts to find the perpetrators and bring them to justice."

The bomb, which police say was made from a pipe and



The man on video identified as a suspect. HANDOUT/THE ASSOCIATED PRESS

weighed 3 kilograms, went off around 7 p.m. in an upscale area filled with tourists, office



They want to destroy our economy, our tourism.

Prime Minister Prayuth Chan-ocha

workers and shoppers. No one has claimed responsibility.

Prawut said Tuesday's blast at the Sathorn Pier frequented by tourist boats also was caused by a pipe bomb and could be related to the shrine attack.

Police said the bomb was thrown from the Taksin Bridge and fell into the Chao Phraya River, where it exploded.

The Erawan Shrine is dedicated to the Hindu god Brahma, but is extremely popular among Thailand's Buddhists as well as Chinese tourists.

Thai authorities identified five victims as Thai and four as Chinese — two of them from Hong Kong — along with two Malaysians and one Singaporean.

They said the nationalities of the other eight victims remained unknown.

THE ASSOCIATED PRESS

OCEAN WARMING

Lobsters heading north

The U.S. lobster population has crashed to the lowest levels on record in southern New England region while climbing to heights never before seen in the cold waters off Maine and other northern reaches — a geographic shift that scientists attribute in large part to the warming of the ocean.

The trend is driving lobstermen in Connecticut and Rhode Island out of business, ending a centuries-old way of life.

Restaurant diners, supermarket shoppers and summer vacationers aren't seeing much difference in price or availability, since the overall supply of lobsters is pretty much steady.

But because of the importance of lobsters to New England's economy, history and identity, the northward shift stands as a sad example of how climate change may be altering the natural range of many animals and plants.

"It's a shame," said Jason McNamee, chief of marine resource management for Rhode Island's Division of Fish and Wildlife. "It's such a traditional, historical fishery."

In 2013, the number of adult lobsters in New England south of Cape Cod slid to about 10 million, just one-fifth the total in the late 1990s, according to a report issued this month by regulators.

The declines are "largely in response to adverse environmental conditions, including increasing water temperatures over the last 15 years," along with continued fishing, the Atlantic States Marine Fisheries Commission said.

At a power plant in Long Island Sound, for example, there were more than 75 days with a recorded average water temperature above 20 Celsius in 2012, 2013 and 2014, the report said. Between 1976 and 2010, that happened only twice.

In northern New England, meanwhile, lobsters are booming. The population in the Gulf of Maine and in fishing grounds farther out to sea has reached record highs, more than doubling to about 250 million adult lobsters since the mid-1990s, the report said.

THE ASSOCIATED PRESS

10M

There were a total of 10 million lobsters in New England south of Cape Cod in 2013, one-fifth the total in the late 1990s, regulators say.

THE ASSOCIATED PRESS

INDONESIA

54 bodies recovered from plane crash site

Rescuers on Tuesday reached the site in eastern Indonesia where a passenger plane slammed into a mountain over the weekend, killing all 54 people on board, and found that the aircraft had been destroyed, officials said.

More than 70 rescuers reached the crash site after being hindered by rugged, forested terrain and bad weather, said Henry Bambang Soelistyo, the National Search and Rescue Agency chief.

The flight data recorder and the cockpit voice recorder — the plane's "black boxes" — were found in good condition, Soelistyo said. The data they contain could help explain what caused the Trigana Air Service plane to crash Sunday.

"The plane was totally destroyed and all the bodies were burned and difficult to identify," Soelistyo told The Associated Press. He said all 54 bodies had been recovered.

THE ASSOCIATED PRESS

IN BRIEF

Owner of Cecil the lion's shooting site charged

Zimbabwe has charged a man on whose land a well-known lion named Cecil was shot by American dentist Walter James Palmer in July.

Charges have not been filed against Palmer.

Honest Ndlovu, whose property is near the vast Hwange National Park in western Zimbabwe, is charged with allowing an illegal hunt on his land.

THE ASSOCIATED PRESS

U.S. ARMY

Two women join elite Ranger ranks

Two women have passed the U.S. Army's Ranger School, becoming the first females to complete the gruelling combat training program and earn the right to wear Ranger tabs on their uniforms.

The Army's Ranger headquarters in Fort Benning, Ga., says the women and 94 men passed the 62-day course that tests their ability to overcome fatigue, hunger and stress during combat operations.

Allowing women to par-

ticipate in the Ranger course is part of the U.S. military's push to open more combat jobs to women. Though most of the military's approximately 1,000 occupations are open to women, some of the toughest ones remain closed to them.

"This course has proven that every soldier, regardless of gender, can achieve his or her full potential," Army Secretary John McHugh said in a statement.

THE ASSOCIATED PRESS

Murder suspects arrested

CRIME

Three accused of involvement in two deaths

Authorities in Bangladesh said Tuesday that they have arrested three men, including a British citizen, for their involvement in the murders of two secular bloggers.

The three are suspected members of the Ansarullah Bangla Team, a banned Islamic militant outfit, said Maj. Maksudul Alam, a spokesman for the country's Rapid Action Battalion.

Bangladesh banned the group in May after police accused its members of threatening and killing bloggers

+ EXTREMISM

While Bangladesh is considered a moderate Muslim country, Islamic extremism has made some inroads, and there have been several attacks on secular bloggers and writers.



Rapid Action Battalion personnel escort Touhidur Rahman before the media on Tuesday in Dhaka, Bangladesh. A.M. AHAD/THE ASSOCIATED PRESS

and writers.

Alam said one of the arrested men, Touhidur Rahman — a British citizen of Bangladeshi origin — was the mastermind and financier of the attacks on bloggers Avijit Roy and Ananta Bijoy Das, who were killed earlier this year.

The suspects were arrested Monday night in raids in Dhaka, Bangladesh's capital, and appeared with authorities at a news briefing Tuesday.

Mufti Mahmud Khan, the head of the battalion's media wing, told reporters that while Rahman was the main planner of the killings, another suspect who was arrested, Sadek Ali, acted as a bridge to communicate with Mufti Jasim Rahmani, the alleged head of the militant group. Ali, 28, became involved with Rahmani while working as a printing press worker, Khan said.

Rahmani is currently in jail

awaiting trial in the murder of another blogger, Ahmed Rajib Haider, in Dhaka in 2013.

"Ali often visited the prison to meet Rahmani for instructions," Khan said.

He said the third suspect, 35-year-old Aminul Mollick, was a broker at a passport office and helped members of the militant group make fake passports so they could travel abroad if necessary.

Khan said Rahman, 58, is an

information technology expert and returned to Bangladesh from the United Kingdom in either 2011 or 2012. He then got in touch with Rahmani, who inspired him to work for the group.

During an interrogation after their arrests, Khan said, the men admitted that a team of four or five took part in the killing of Roy, a Bangladesh-born U.S. citizen. The same team was involved in the attack on Das, Khan said.

Roy was a prominent voice against religious extremism and created a network of atheist bloggers at home and abroad. His wife, also a blogger, was injured in the attack, which took place as the couple walked on the campus of Dhaka University.

An increasing divide between the secular bloggers and Islamist groups has been visible, with bloggers calling for banning religion-based political parties that seek blasphemy laws to protect their faith in the South Asian nation, which is predominantly Muslim but ruled by secular laws based on British common law.

THE ASSOCIATED PRESS

IN BRIEF

Extreme temperatures leave more than 100 dead

Egypt's state-run news agency says the death toll from a scorching heat wave has risen to 106 people since last week.

Egyptian summers are usually hot, but temperatures this week soared to 46 degrees Celsius in the country's south. The Midwest has been affected by a heat wave since late July.

THE ASSOCIATED PRESS

Drug raid uncovers poppy field near Mexico City

Mexican navy personnel have found and destroyed a six-acre opium poppy plantation near the nation's capital.

The field was found in the State of Mexico in an area about 80 kilometres from Mexico City, near the Nevado de Toluca volcano.

The navy said in a statement Monday that an estimated 221,000 poppy plants were destroyed in the raid.

It did not say what gang or drug cartel was suspected of planting the poppies.

THE ASSOCIATED PRESS

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Canadian upstart steps into Apple Watch's turf

TECHNOLOGY

Nymi develops wristband with security linked to heartbeat

Strapping your wallet, house keys and a database of passwords onto your wrist would make life a lot easier, and one Canadian company has created a way to link all of that information — with an extra level of security tied to your heartbeat.

Nymi is one of the latest entrants to the crowded wearables market, which is dominated by the hype of the Apple Watch and a wide selection of fitness trackers.

The Toronto-based company has created a wristband that operates like a virtual key that you wear on your wrist.

Sensing the electrical activity of its user's heart, the device can be used for a variety of functions, like logging onto your computer using a password, paying with your



Wearable technology was just starting to bloom.

Karl Martin

credit card at the checkout or opening your car door. Once you take it off, the device deactivates until you slip it on again and its sensors detect your heartbeat.

Nymi co-founder Karl Martin says that when he started the company in 2011, under the name Bionym, wearables were mostly still just an idea among developers.

Martin was working as a researcher at the University of Toronto, where he and a colleague were digging into the possibilities of biometric technology. But their idea was too fresh for many companies to get behind, so they decided to take the project solo.

"Wearable technology was just starting to bloom," he said. "It was sort of like the stars were aligning."

Over the past year, Nymi has been tested on the arms of a small group of Canadians.

The company partnered with Royal Bank on the RBC PayBand last fall, a pilot project designed to give banking clients more payment options.

Nymi rolled out a larger test earlier this summer by equipping about 100 TD Bank customers in Toronto, Ottawa and Regina with the wristband.

Other banks are expected to join the experiment in the coming months, but it could still be a while before consumers get their hands on a Nymi band. THE CANADIAN PRESS



Co-founder Karl Martin shows off the device at his company's office in Toronto.

CHRIS YOUNG/THE CANADIAN PRESS

INTERNET

Google building smarter router

Google is making a Wi-Fi router as part of its ambition to provide better Internet connections that make it easier for people to access its digital services and see more of its online advertising.

Pre-orders for the \$199 US wireless router, called OnHub, can be made beginning Tuesday at Google's online store, Amazon.com and Walmart.com. The device will go on sale in stores in the U.S. and Canada in late August or early September.

Google is touting the cylinder-shaped OnHub as a leap ahead in a neglected area of technology.

The Mountain View, Calif., company is promising its wireless router will be sleeker, more reliable, more secure and easier to use than other long-established alternatives made by the Arris Group, Netgear, Apple and other hardware specialists. Google teamed up with networking device maker TP-Link to build OnHub.

OnHub also will adapt to the evolving needs of its owners because its software will be regularly updated to unlock new features, according to Trond Wuellner, a Google Inc. product manager. The concept is similar to the automatic software upgrades the company makes to its Chrome browser and personal computers running on its Chrome operating system. THE ASSOCIATED PRESS

IN BRIEF

Ikea recalls nightlights

Swedish retailer Ikea is taking all of its 442,000 Patrull nightlights off the market because the cover of the light can detach, creating a risk of electrical shock.

THE ASSOCIATED PRESS

market minute

	DOLLAR 76.59¢ (+0.17¢)
	TSX 14,193.87 (-57.66)
	OIL \$42.62 US (+75¢)
	GOLD \$1,116.90 US (-\$1.50)

NATURAL GAS: \$2.704 US (-2.4¢)
DOW JONES: 17,511.34 (-33.84)

ELECTRONICS

Toshiba to add outside directors after scandal

Japanese energy and electronics giant Toshiba Corp. says it expects to book a loss in the current fiscal year and is beefing up its management standards after an investigation found extensive problems with its accounting and corporate governance.

The company said Tuesday that it plans to add more outside directors to help ensure stricter oversight. The newly organized board is to have 11 members, seven of whom will be outside directors.

A probe found under-reporting of project costs and losses in many divisions in a scandal that prompted the resignations of former company president Hisao Tanaka and two other top executives.

Toshiba plans to revise its earnings by \$1.2 billion US or more to correct the mistakes.

The report by the investigation committee into the accounting problems outlined many instances of company officials under-reporting costs, delaying reports of losses and other abuses, including "channel stuffing," or inflating sales figures by putting more products into a distribution channel than it can sell.

In many cases it attributed the missteps to worries that upper management would not accept the losses and to lax internal controls. No charges have been filed related to the problems, which date back at least six years.

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URBAN ETIQUETTE: ELLEN VANSTONE ON SAYING SOMETHING NICE



THE QUESTION

Is there a politically neutral way to compliment someone on the street or at work?

Dear Ellen,

Is there a politically neutral way to compliment someone's appearance on the street or at work?

Viktor in Vancouver

Dear Viktor,

This is an excellent question for our changing times and one that applies to all sexes, genders, orientations and age groups. But let's start with examples from the heterosexual arena.

There once was a day — or a few millennia, I guess — when men could lasciviously slaver over unaccompanied women in public. I have no doubt that in ancient Rome, local lads harassed vulnerable ladies with such witty comments as "Show me your peccorum," or "Hey, baby, let's fornicari." Such behaviour may have been deemed crass but it was accepted as absolutely normal in patriarchal societies where a female without a male "owner" in public was seen as fair game for sexual comment, or worse.

Sadly, such attitudes are still rampant. At least now, sexually charged verbal assault is increasingly being identified for what it is: a hateful abuse of power.

Equally sadly, the rude pigs who yell at women on the street, along with the slimeballs who intimidate their female staff with sexual innuendo at work, have ruined it for the truly nice men out there who simply do want to pay a polite compliment.

Note that there is not a fine line between "You look great today" and "I'd like to shove you up against a wall" — but things have become so freighted, with a new awareness of rape culture and its accompanying political-correctness-on-steroids. The casual compliment has gone the way of the dodo (much like

There is not a fine line between "You look great today" and "I'd like to shove you up against a wall."

my phraseology, but never mind).

If you are tempted to compliment a stranger or co-worker, here are some simple guidelines.

If you are a straight male, and you want to compliment a female on the street or at work, try it out on a male first: "Hey buddy, I like your hair!" or "Man, you look fierce in those jeans!" If that seems creepy and inappropriate, it's probably creepy and inappropriate to say to a female, too.

If you're gay and you want to compliment a person of

the same sex, the male-female power dynamic may be less of an issue. But you are still strongly advised to comment only if, a) The subject of your compliment is not a subordinate in the workplace hierarchy, and b) You live in a large, cosmopolitan city where tossing out same-sex compliments in public won't get you killed.

If you are a young person, straight or gay, and the person you want to compliment is older, it may be safe. In fact, there's something ineffably gallant about a young person who, with the merest complimentary hint, can acknowledge the vitality of an older person. To do so, however, will require a level of finesse few people possess.

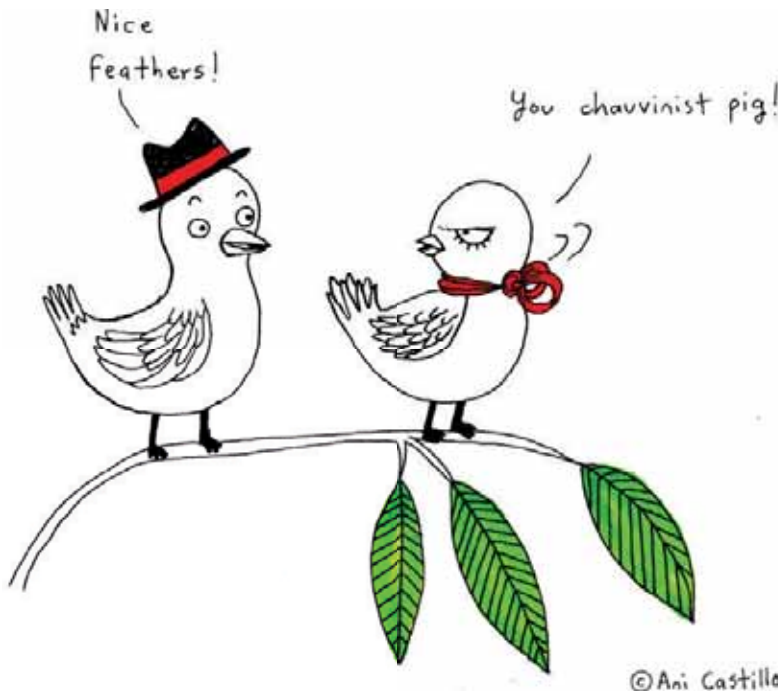
First, the compliment must be tempered by whether or not they share your sexual orientation. (If you don't

understand this, don't bother reading any further; you clearly don't have the finesse, so just skip to the end.) Second, your compliment must indicate that, while they are attractive, you as a young person would never presume yourself to be an eligible partner (unless you were contemporaries, of compatible sexual orientations, in another era, in which case you'd unquestionably find them irresistible). Third, you have to mean it. A false or patronizing "compliment" will invite only contempt.

The best rule might be to avoid personal comments in public or at work altogether. Instead, shower them where they'll be most appreciated — on family, friends and lovers.

Need advice?
Email Ellen:

scene@metronews.ca



© Ani Castillo

ROSEMARY WESTWOOD

metroview

I let a baby roll off a porch. Will I ever be ready for parenting?

I let the baby fall off the porch.

It was the latest encounter with little humans that left me convinced: I'm not ready for one of those.

I'd like to say it wasn't my fault. The 11-month-old can't walk or crawl. She scooches around on her diaper-clad bum, pulling herself with pudgy little arms, but she's surprisingly swift.

We were on the wide sunny porch of the cabin, which thankfully only rises two steps above the grass.

I was on watch duty, a low-grade job that involves the odd directional adjustment to her slide. Someone gave a sharp yell at the dog. I looked up, and she went over the edge.

She wasn't hurt but she was devastated. And so, in a way, was I.

A 29-year-old woman should be able to keep a baby from tumbling off a deck.

Then there were her equally adorable brothers, seven and four years of age, who had a lot more mobility and a lot more energy. A relative outsider (they are my second cousins), I watched a family of six adults trade off activities like book reading, soccer, sailing, tubing and making sure the boys ate their dinner.

I joined in with a bit of tag and swimming, some banter about favourite foods. But I

didn't feel the pull to teach them a card game. I don't really like soccer. I was glad to read my book and fry eggs for my keep, keeping mostly to myself. Baby/child encounters seem to end this way, with relief that I remain childless.

My sister, for years a nanny, has managed to still want children.

"It definitely fluctuates," she said. "Sometimes when I'm at the pool and all these screaming kids are splashing and kicking around me, I hate them. And then when I spend time with my friends who have kids or are expecting, it makes me feel excited about the idea of doing that myself."

That is the irony of the young city-dwelling woman. Kids sound nice, but not right now. She's pressing on with her career, travelling and eating gourmet tacos. She's volunteering with an underground magazine or literary events. She's buying a house or worrying about affording one. She's cooking for friends. She's bringing the wine.

The clock is ticking. My ovaries should be kicking. But kids remain in the somewhat distant future, where, I'm banking, a hidden need will emerge and indifference will become yearning.

Because right now, nothing makes me take birth control more seriously than other people's children.

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5

NEW TV SERIES TO WATCH RIGHT NOW

Couch potato season is almost upon us. As TV junkies, we're excited about the fall television schedule kicking off next month with its promising new shows as well as the return of several favourites. But if you need a fresh TV fix to tide you over until September, August offers up some brand spankin' new gems that should do the trick

BRIAN GASPAREK/FOR METRO

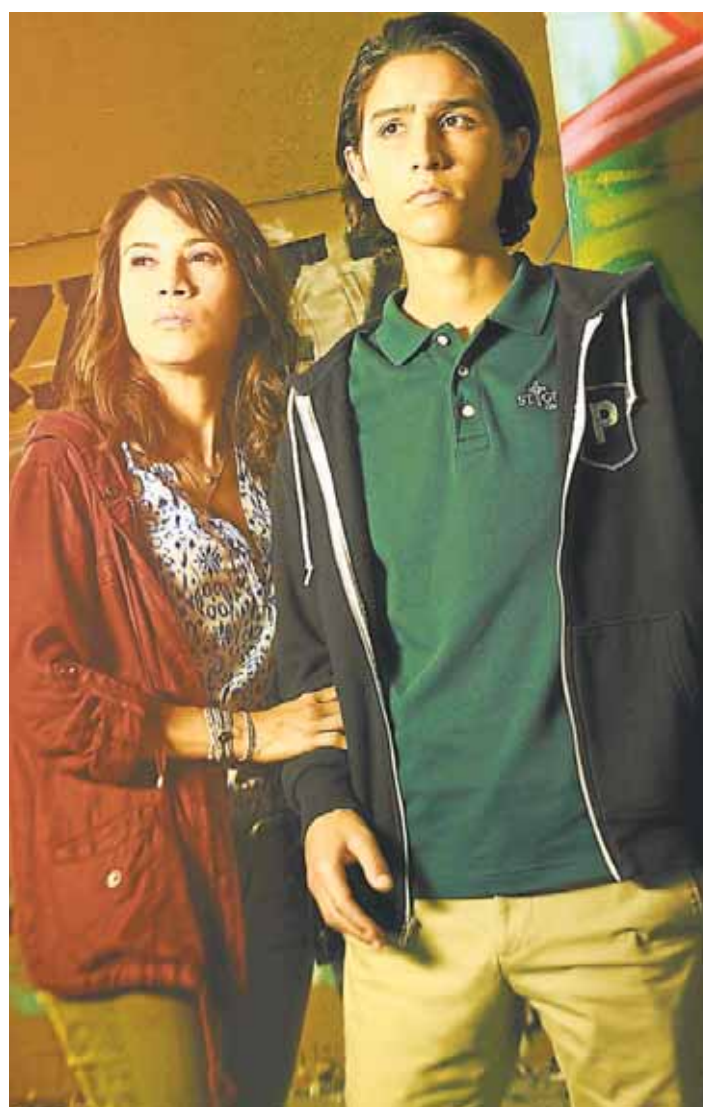
1 The Carmichael Show

Popular standup comedian and goofy *Neighbors* star Jerrod Carmichael launches his highly anticipated new sitcom *The Carmichael Show* on NBC this month. The show revolves around Carmichael's relationship with his girlfriend and fictional family with a cast that includes Loretta Devine and David Alan Grier as his parents. The half-hour risqué comedy has potential to be TV's next big sitcom hit. But at the very least, let's just hope it's better than *Mr. Robinson*. **Aug. 26**



2 Narcos

Netflix's new series to binge-watch for August is *Narcos*, a cool-looking drama about the Medellín cocaine cartel run by Pablo Escobar in the '80s and the DEA's attempts to take him down. It should be incredibly intense, excellent and far better than *Vinny Chase's* take on Medellín in *Entourage*. **Aug. 28**



3 Spinoff to watch: Fear The Walking Dead

A show as massively popular as *The Walking Dead* most definitely needs a spinoff, and this month we're getting it.

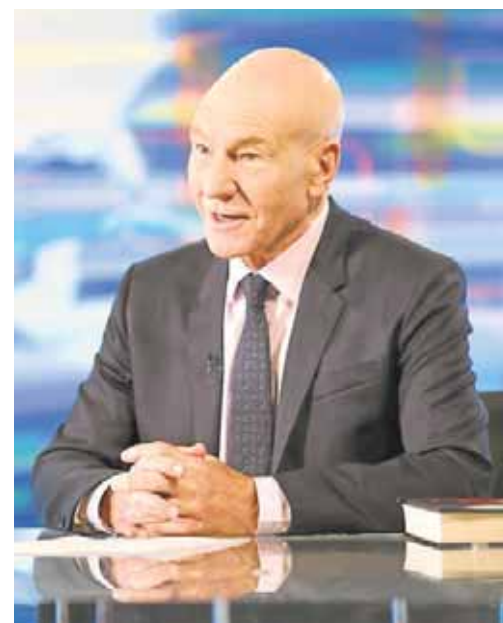
On Aug. 23, AMC is set to premiere *Fear The Walking Dead*. The show will act as a prequel (or "companion series") to *The Walking Dead*, and looks just as spooky and zombie-filled.

The show takes place in L.A. and revolves around a divorced schoolteacher, his fiancée and her kids as they experience the early stages of the zombie apocalypse — you know, the same time that Rick was in his coma.

It's said that *Fear The Walking Dead* will focus closely on telling the story of a family unit and the problems they face as the collapse of civilization approaches. Obviously you can't miss it. **Aug. 23**

4 Blunt Talk

Blunt Talk may very well be the best new show premiering this month. Produced by Seth McFarlane and starring Patrick Stewart, the comedy sitcom follows the misadventures of a misguided, degenerate Brit newscaster (Stewart) who moves to L.A. hoping to conquer American cable with his new nightly show. The series features a solid supporting cast that includes Richard Lewis, Ed Begley Jr., Jason Schwartzman and Jacki Weaver. It looks crass and hilarious and is already signed on for two seasons. **Aug. 22**



5 Documentary Now!

How could you not watch a spoof mockumentary mini series created by Fred Armisen, Bill Hader and Seth Meyers that is hosted by Dame Helen Mirren? You just know it's going to be hilarious. IFC's *Documentary Now!* aims to spoof celebrated docs by parodying them with similar fictitious subjects. The first episode spoofs *VICE News' hipster docs*. **Aug. 20**



RECIPE HOMEMADE MELON AND PINEAPPLE FRUIT SLUSHIES

One of our favourite ways to beat the heat at the end of summer is to turn some of the season's abundant produce into beautiful, delicious frozen fruit slushies. It's fun and easy to get creative. Not only can you experiment with different fruits and juices, you also can get fancy (or fanciful) with the glasses and bowls (though clear glass is almost mandatory) you serve them in.

Start to finish: 4 hours (20 minutes active)
Servings: 6

- 1 cup cubed honeydew melon
- 3/4 cup apple juice, divided
- 6 tablespoons honey, divided
- Kosher salt
- 1 cup cubed cantaloupe melon
- 1 cup cubed pineapple

1. In a blender, combine honeydew melon, 1/4 cup apple juice, 2 tablespoons of the honey and a small pinch of salt. Blend

until smooth.

2. Spoon the mixture into 6 glasses, filling each about a quarter to a third of the way full. Freeze for 30 minutes. Repeat the blending and layering process with the cantaloupe, using another 1/4 cup of apple juice, 2 tablespoons of honey and a small pinch of salt. Freeze for another 30 minutes.

3. Finally, blend the pineapple with the remaining apple juice, honey and a pinch of salt. Add the third layer to the glasses. Freeze until desired slushiness, about 2 hours.

Nutrition information per serving: 110 calories; 0 calories from fat (0 per cent of total calories); 0 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 55 mg sodium; 29 g carbohydrate; 1 g fibre; 27 g sugar; 1 g protein. THE ASSOCIATED PRESS

BEER

Nothing radder than a good ol' radler now

LIQUID ASSETS

Peter Rockwell
@therealwineguy



When it comes to alcohol, there's more to life than alcohol. Case in point: the radler.

The original radler recipe, invented in Germany in the early 1900s, was a 50/50 mix of sparkling lemonade and lager beer. A cousin of the English shandy, its watered-down booze ratio proved a non-potent potable for active Germans looking to wet their whistle along the local bike trails.

Switch to modern day and the radler is having its place in the sun this summer with classic pre-mixed European models fighting for shelf space with their Canadian-made competition. Grapefruit juice is the star of many, with Austria's Stiegl Grapefruit Radler (500ml, \$2.70-\$3.49), at 2.5 percent, a citrusy thirst-quencher and Rickard's Radler (473ml, \$2.88-\$3.49) from Molson, at 3.5 percent, equally as warm weather friendly.

Prices reflect the range across the country. Some products may not be available in all provinces.

Pretty gets more penny when it comes to coffee

RESEARCH

Foam-art latte perceived as better: Study

NUTRI-BITES

Theresa Albert
myfriendinfood.com



Will you pay more for pretty?

I pay for my hair, nails and clothes to present my best self to the world. Curb appeal sells a house as do stainless steel appliances that function exactly the same as plain white ones. What about the swirly picture in your latte? Is that worth a buck more per cup?

A study published in the Journal of Sensory Studies says you will not only pay for it, but that you are likely to perceive it as better. The results "clearly demonstrated that people will pay significantly more for a coffee with latte art." Apparently there is also a preferred shape. We like round shapes over angular ones when it comes to our coffee art.

The benefits of coffee are numerous: High in health-promoting antioxidants, liver protective, can lower risk



French champion of latte art Rudy Dupuy prepares a creation.

JEAN-CHRISTOPHE MAGNET/AFP/GETTY IMAGES

of diabetes, enhances mood, energy and performance and may prevent Alzheimer's and Parkinson's disease.

But we also seem to seem to drink it for comfort and visual cues help. Just for fun, tweet me a photo of your favourite latte design shape. Let's test the theory. @theresaalbert, @metronews.

SCIENCE

Drinking coffee could prevent colon cancer's return

Drinking four or more cups of caffeinated coffee daily may significantly reduce the chance that colon cancer will return in patients who were diagnosed with stage 3 of the disease, a study said Monday. Researchers found that the greatest benefit was seen in those who drank four or more cups of coffee a day, for about 460 milligrams of caffeine.

AFP

TECHNOLOGY

Six things you need to know about the veggies NASA grew in space

Hadley Boltres
Metro | New York

Astronauts have for the first time tasted food grown in space. Monday, on board the International Space Station, three American crew members, Kjell Lindgren, Kimiya Yui, and Scott Kelly, took bites of the freshly "space"-grown red romaine lettuce. Here are the six things you need to know about the "giant leaf for mankind" possible, according to NASA.

1 How did it taste?

The veggie tasted like arugula, according to astronaut Scott Kelly. A choice word given the Brits call it rocket. "Tastes good," concluded Kelly.

2 Key players?

Orbital Technologies Corp. based in Madison, Wisc. developed the technology and



A variety of lettuce called Outredgeous grows inside in a prototype Veggie flight pillow. GIOIA MASSA/NASA

then tested it at NASA's Kennedy Space Center in Florida. Then on May 7, NASA astronauts and Expedition 39 flight engineers Steve Swanson and Rick Mastracci installed Project "Veggie" on the Columbus module. Astronaut Scott Kelly activated the seeds July 8, a year after they entered orbit.

3 What happened?

First, LED lights were turned on inside Veggie and the seeds were watered inside growth pockets, called "pillows." The pillows contain fertilizer which is released at different times. The growth cycle should be 28 days, but it took 33 days to grow the romaine lettuce in space.

4 How did it work?

In the absence of gravity, the lettuce would still grow towards the light, so LED lights were placed above the pillows. Without gravity, roots still grow towards the sources of nutrients.

5 What does this mean?

Dr. Gioia Massa foresees that long-term exploration missions will use this technology, so astronauts can enjoy fresh veggies. Also, astronauts won't just be stuck with red romaine lettuce. Veggie can be used for many types of plants that grow up rather than in the ground.

6 What is still unknown?

It's still not 100 per cent clear that the lettuce is safe. The astronauts that sampled the red lettuce are fine but scientists at the Kennedy Space Center hope to verify it. They have installed a similar system there to continue tests.

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

TO SIX@6 LAST NIGHT:

- 6 Ed Sheeran Photograph
- 5 Jason Derulo Cheyenne
- 4 R. City ft Adam Levine Locked Away
- 3 The Weeknd Can't Feel My Face
- 2 Selena Gomez ft ASAP Rocky Good For You
- 1 Demi Lovato Cool For Summer

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REVIEW

Ford F-150 rides smoothly, but consider needs when deciding on engines



Jil McIntosh
Metro | Canada

After having Canada's best-selling truck for several decades, Ford took a bit of a risk with its all-new 2015 F-150. While the frame is made of high-strength steel, the body is entirely formed of aluminum.

The reason was primarily to save weight, which comes with a few advantages. One is fuel consumption, since the heavier something is, the more it takes to move it around, while another is capability. Towing and payload numbers are a combination of the weight of the truck, the trailer, and whatever's being carried. Make the truck lighter, and the load can be heavier. To that end, the F-150 has a top towing capacity of 12,200 lbs.

That lighter weight also allows for the all-new engine that was in my tester, a 2.7-litre EcoBoost V6 engine. The EcoBoost name indicates that it's turbocharged, which

gives it smaller-engine fuel economy under light load, but bigger-engine power when it's needed. You can also get a 3.5-litre V6 EcoBoost, or choice of non-turbo 3.5-litre V6 or 5.0-litre V8.

It's a smooth performer and it hauled around my Super-Crew tester with ease, but consider your needs before you decide to put one under the hood. Under everyday driving, it returned an impressive 13.0 L/100 km for me, but the EcoBoost engines get thirsty when they're working hard. That extra fuel could easily balance out if you only tow or haul occasionally, but if you're constantly pulling, I'd suggest looking at the non-turbo engines.

Overall, Ford has done a good job on this truck: It rides and drives smoothly, and responds quickly enough to wheel input that it feels smaller than it actually is. The redesigned interior is

handsome, but not quite as impressive as some of its competitors.



The EcoBoost engines get thirsty when they're working hard.

Trim lines run from a basic work truck with a bench seat, to seriously luxurious models like the King Ranch and Platinum. Everybody makes a very good truck these days, and Ford has a lot of competition, but it's still likely that this all-new model will remain at the top of the pack for a while.

THE CHECKLIST | 2015 FORD F-150

THE BASICS

Type. Two- or four-door full-size pickup truck
Engine (hp/torque). 2.7-litre EcoBoost V6 (325/375); 3.5-litre V6 (282/253); 3.5-litre EcoBoost V6 (365/420); 5.0-litre V8 (385/387)
Transmission. Six-speed automatic
Price. Base \$24,899, as-tested \$55,099 (plus destination)

COOL FEATURES

- Locking box cleat storage system
- Twin-panel sunroof
- Capless fuel filler
- Trailer sway control
- Trailer mileage tracker
- Crash-inflatable rear seatbelts
- Mirror-mounted spotlights



JIL MCINTOSH/FOR METRO

POINTS

- The F-150's available LED headlights are an industry first on a pickup truck.
- With its aluminum body and more high-strength steel, the 2015 F-150 weighs up to 317 kg less than last year's model.
- The redesigned tailgate step makes it easier to slide cargo across the lowered tailgate.
- Higher gears can be "locked out" when towing, to improve driving performance on steep grades.

MARKET POSITION

It's yet to be seen how repair costs or long-term maintenance are going to affect Ford's new all-aluminum body, but expect to see more lightweight materials throughout the segment as automakers scramble to meet fuel standards.

THE COMPETITION



Chevrolet Silverado
Base price: \$27,950



Ram 1500
Base price: \$28,595



Toyota Tundra
Base price: \$27,820

TECHNOLOGY

Mojio looking to make a connection with drivers

Mojio Drive is the latest platform and marketplace for apps and services that can make potentially any car a connected car. However, it is launching at a time when connected car hacks are rarely out of the headlines.

Every vehicle built within the last 20 years has an on-board diagnostics (OBD) port. It's used by mechanics and serving technicians to check on a car's health and to identify potential mechanical or electronics issues.

But the OBD port can also be used by insurance companies

and disruptive tech startups to offer new features and services, and since 2012, Mojio has been developing an OBD dongle that, when plugged in, connects

with the driver's smartphone to offer diagnostics and other information such as fuel economy. But that is just the start.

"We know that drivers want their cars to be more like their smartphones. There are at least as many connected car use

cases as there are app developers, and so an open platform for building apps is essential to giving people what they want," said Jay Giraud, CEO of Mojio.

"With more than 800 developers using Mojio's open platform creating apps and services that span the entire automotive market — from vehicle maintenance apps

to data-driven auto insurance services — Mojio is at the forefront of the connected car economy enabling drivers to save hundreds of dollars per year."

Mojio is by no means the only company trying to unlock the potential of connected cars. Automatic, which also makes an adapter for the OBD port, launched its own connected car app store in May, the Automatic App Gallery.

But as coverage of car hacking continues, consumers may well think twice before installing something in their



The Mojio 3G+GPS OBD adapter. MOJIO

+ THE CORVETTE THAT WAS HACKED

Adapters and their supporting apps are arriving at a time when the threat of hackers to smarter, more connected cars is in the news. One example involves researchers from the University of California at

San Diego, a smartphone, a Chevrolet Corvette and the car's OBD port. By sending a text message to an OBD dongle, the researchers were able to apply the Corvette's brakes and to turn on its windshield wipers.

cars that enhances connectivity — even if many of the services, such as remote vehicle tracking and real-time fuel economy and

greener driving tips, could be hugely beneficial to the average driver in terms of reduced running costs and repair bills. AFP



The Hyundai Vision G coupe recently debuted at the Pebble Beach Concours d'Elegance in Monterey, Calif. PHOTOS COURTESY HYUNDAI

Rise of Hyundai and Kia by design

CREATIVITY

Time for other automakers to take heed of the Schreyer factor

AUTO PILOT

Mike Goetz



Back in 2005 or so, Hyundai Motor Group identified that “design” would be necessary for the next stage of growth for both its Hyundai and Kia brands. So in 2006, the automaker hired a hotshot designer named Peter Schreyer.

Born in Germany, Schreyer made his name at VW and Audi. His work there, and subsequently at Hyundai and Kia, has brought him many accolades. Many consider him to be the most successful and talented designer working today.

Bob Lutz, once GM’s vice-president of global product development and now a vocal critic of the industry, recently wrote that, thanks to Schreyer, the automaker’s designs are consistently better than its competitors, and are why Hyundai and Kia continue to grow.

With all brands making such high standards of quality and features, Lutz notes that design has moved up to be the top differentiator.

“If I were running a major car company, I would poach him at whatever the cost,” added Lutz. “If he said he makes \$1.5 million, I’d offer him \$3 million.”

Lutz feels designers now have the most impact on an auto-

maker’s success and should be compensated as such, even if they make more than the CEO.

It’s not a new concept for creative types to be at the absolute top of the pay scale. Star athletes make more than their coaches. Star film directors make more than studio heads. Kanye West makes more than, well, everybody.

Lutz wonders if other automakers have taken heed of the Schreyer factor at Hyundai-Kia, and will further prioritize design talent, and be willing to pay considerably more for it than they are now.

In the meantime, let’s take a quick look at the latest creation emanating from Peter Schreyer and his team: The Hyundai Vision G coupe, which debuted at last weekend’s Pebble Beach Concours d’Elegance in Monterey, Calif.

Though not officially earmarked as a possible two-door version of the Hyundai Genesis, that’s most likely what it is, considering the “G” designation, and the Genesis 5.0-litre V8 under its hood.

It’s an interesting challenge to make a vehicle in the premium segment that is not packing a premium badge, but Schreyer and his team approached the challenge in their typical “atypical” way.

“The design is our interpretation of the idea that Hyundai breathes into all of its vehicles — DNA that balances design and performance with the idea that you don’t need to be over the top in terms of glitz and stereotypical luxury cues,” said Schreyer in a statement. “Vision G is purposefully understated, despite its size and dramatic lines.”



Peter Schreyer, chief designer for Hyundai and Kia.

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TRANSIT

London awaits first electric double-decker

The world's first purpose-built pure electric double-decker bus will enter passenger service in London in October. London Mayor Boris Johnson says it will be the first of many to come. The city bought its first hybrid bus in 2009, and today has more than 1,300 in service. Automaker BYD of China helped resolve the issue of fitting in enough batteries to adequately power a double-decker bus.



Iconic red bus gets greener



FUEL ECONOMY

A longer, lighter Cruze

Sharing significant exterior design cues with its Volt and Malibu siblings, the 2016 Chevrolet Cruze still looks much like the concept previewed in China last year, if not a bit sportier. It has more than improved looks, says General Motors; it's more aerodynamic, bringing "drag" to new lows. And despite being three inches longer than the current Cruze, it is up to 110 kilograms lighter overall, depending on options ordered. The new body structure includes more lightweight, high-strength steel, responsible for 24 kilograms in weight savings; a further 20 kilograms are lost through a new aluminum 1.4-litre turbocharged four-cylinder engine.

TEXT AND IMAGES BY WHEELBASE MEDIA



WASTE REDUCTION

Volt batteries get extended life

General Motors is finding new ways to repurpose used batteries from its first-generation Chevrolet Volt extended-range electric car, one of which includes using five of them to keep the lights on at GM's Enterprise Data Center in Michigan. "Even after the battery has reached the end of its useful (mobile) life ... up to 80 per cent of its storage capacity remains," an official said. The batteries can also provide backup power to the building for four hours in the event of an outage and stores that energy when not needed.

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IN BRIEF

Flames, Stamps announce plan for new homes

The group that owns the Calgary Flames hockey club and Stampeders football team has revealed plans for a \$900-million project to build a new home for the two teams.

The plan calls for a 20,000-seat arena that would replace the Scotiabank Saddledome where the NHL Flames currently play. It also includes a 30,000-seat indoor football stadium for the CFL Stampeders that would also serve as a fieldhouse.

The City of Calgary would be the owner of the facility once it were built.

THE CANADIAN PRESS

Agent testifies Jordan strict with marketing deals

The architect of Michael Jordan's marketing strategy says advisers to the six-time NBA champion strictly police the types of deals he enters to maximize his value.

Sports management agent David Falk testified Friday in a federal court case in Chicago that's delving into the market value of Jordan's identity.

The issue is damages that now-defunct Dominick's Finer Foods owes the former Chicago Bulls player for invoking his name in a steak ad without permission. THE ASSOCIATED PRESS

49ers receiver Simpson suspended six games

The NFL suspended San Francisco 49ers wide receiver Jerome Simpson on Tuesday without pay for the first six games of the season for violations of the league's substance-abuse policy.

The 49ers were aware of a likely suspension for Simpson for previous issues, but nothing that is known to have occurred since he joined the 49ers on a two-year deal as a free agent in March. San Francisco has made it clear he must continue to demonstrate positive behaviour to remain in good standing with the team.

Simpson can return to the active roster on Oct. 19. He can still participate in all pre-season practices and games. THE ASSOCIATED PRESS

Answering critics drove Briere for 17 seasons

NHL

Former all-star retired Monday to spend more time with sons

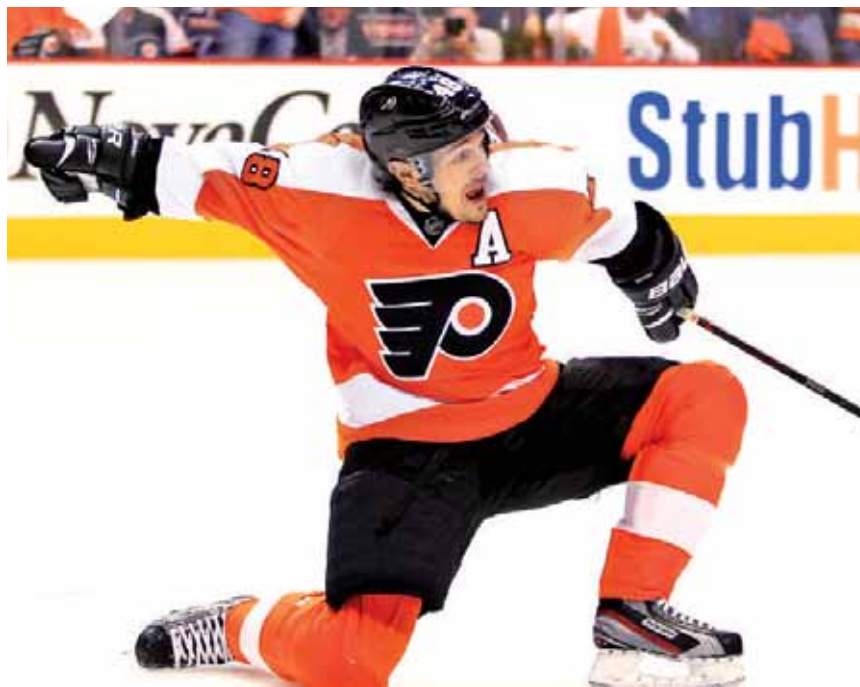
Daniel Briere was almost crying on the bench at TD Garden. His Philadelphia Flyers had erased a 3-0 series deficit against the Boston Bruins, only to fall behind 3-0 in Game 7.

"We had put all this time, all this effort to come back," Briere said. "I was furious. I was losing it."

Briere calmed down and scored one of the biggest goals of his career to tie the score, and eventually the Flyers won the game 4-3 and advanced to the 2010 Eastern Conference final. It was just the third time in NHL history a team rallied from a 3-0 deficit to win a best-of-seven series.

In scoring 53 playoff goals and adding 63 assists, Briere cemented his legacy as one of the best post-season performers of his era.

"I'm proud of it, there's no doubt about it," said Briere, who announced his retirement Monday. "I knew when the game was on the line, I wanted to be the guy who was going to make the play. I wanted to have the puck, I wanted to find a way to make it happen."



Daniel Briere scored many big goals in his career — 53 of them in the playoffs. THE ASSOCIATED PRESS FILE

With 116 points in 124 Stanley Cup playoff games for the Phoenix Coyotes, Buffalo Sabres, Flyers and Montreal Canadiens, Briere's 0.935 points a game ranks 85th all-time. Among players with at least 100 post-season games, he's 32nd, just behind the likes of Maurice Richard, Brett Hull and Steve Yzerman.

The Gatineau, Que., native never won a Stanley Cup, coming two victories away in 2010. But he decided to call it quits after 17 seasons to spend more time with his three teenage sons.

Knowing he could no longer be a "top-end" player after one final season with the Colorado

Avalanche, the 37-year-old on Tuesday reflected on sticking around in the NHL for so long as a five-foot-eight forward who many thought couldn't make it out if the Quebec Major Junior Hockey League.

"NHL executives or experts, ex-players ... had made some comments and had seen me

“

I knew when the game was on the line, I wanted to be the guy who was going to make the play.

Daniel Briere

play and most of the people all said that I was too small, too fragile to play in the NHL," Briere said during a news conference at the Flyers' practice facility near his home. "I had a lot of those cut-ups in my room. I had a little box that I kept by my bed that any time things would get tough a little bit that I would open and read and keep up. That was kind of my motivation at the time to prove them wrong."

Briere's rocky journey took him to the AHL and even the International Hockey League before he played a full NHL season. He finished with 307 goals and 389 assists in 973 regular-season games.

"There was a lot of tough times, tough moments — clearing waivers when nobody picked me up," Briere said. "That's another thing that I'm very proud of, that I fought and I never quit, and I kept working hard to achieve my dream."

THE CANADIAN PRESS

LPGA

Henderson granted Tour card

Last weekend, rising golf star Brooke Henderson became the second golfer in LPGA history to go from Monday qualifier to tournament winner.

Her road to any future Tour titles will be much shorter.

The LPGA granted Henderson full membership on Tuesday after the 17-year-old Canadian cruised to victory at the Cambria Portland Classic, winning by eight strokes.

LPGA policy states that any woman 18 years of age or over is eligible to apply for Tour membership, but golfers be-

17

Henderson moved to No. 17 in the world rankings with her win in Portland.

tween the ages of 15 and 18 may be granted special permission to apply for membership by petitioning directly to the Tour commissioner.

"After reviewing Brooke Henderson's petition, I have granted her LPGA Tour membership

beginning immediately," Tour commissioner Michael Whan said in a statement. "Brooke truly earned her card, and we are looking forward to Brooke joining our Tour and our family."

The native of Smiths Falls, Ont., has had a breakout 2015 season despite having to rely on sponsors exemptions or Monday qualifiers to play in events.

She will no longer have to qualify to get into this week's \$2.25-million Canadian Pacific Women's Open.

THE CANADIAN PRESS



Brooke Henderson receives the customary shower for her first victory on Sunday in Portland. JONATHAN FERREY/GETTY IMAGES



Memphis Depay of Manchester United scores his team's second goal. ALEX LIVESEY/GETTY IMAGES

Memphis gives Brugge the blues

CHAMPIONS LEAGUE QUALIFIER

United fans get first real taste of what \$50M forward can do

Memphis Depay scored a first-half double and provided a late assist for Marouane Fellaini to lead Manchester United to a 3-1 win over Club Brugge in the first leg of their Champions League playoff on Tuesday.

Playing his third match in United's iconic No. 7 shirt, Depay rescued his new club from potential embarrassment after the Belgian side took a surprise 8th-minute lead through an own goal by Michael Carrick.

Depay equalized five minutes later with a low shot from the edge of the area and gave United the lead with a curling

TUESDAY in Manchester



shot from 20 metres in the 43rd. Brugge had defender Brandon Mechele sent off in the 80th for two bookings, before Depay whipped in a cross that substitute Fellaini headed in with virtually the last touch of the game to move United closer to the lucrative group stage of Europe's top competition.

United, a three-time European champion, is looking to get back into the Champions League after failing to qualify for the competition last season. Brugge, though, showed enough at Old Trafford to suggest that United still has work to do in next week's return leg

to join Europe's heavyweights in the group-stage draw.

Brugge will cling to its away goal, gifted by Carrick when he diverted past his own goalkeeper a low, deflected free kick from Victor Vazquez.

But they will need to pay closer to attention to Depay.

The 21-year-old Depay moved to Old Trafford this off-season for 25 million pounds (\$50 million C) and with a reputation as one of the hottest prospects in Europe.

He was handed the No. 7 jersey worn by the likes of George Best, David Beckham, Eric Cantona and Ronaldo.

United fans have been waiting to see the best of the Dutch forward and, given more time and space than he had in Premier League matches against Tottenham and Aston Villa, Depay showed just what all the fuss is about.

THE ASSOCIATED PRESS

IN BRIEF

Canada drawn with U.S.A. for Olympic qualifying

Canada's men's national soccer team has been drawn into a group with Panama, U.S.A. and Cuba for CONCACAF Olympic qualifying.

Group B includes Mexico, Honduras, Haiti and the winner of the UNCAF play-off between Costa Rica and Guatemala. The top two finishers from Groups A and B will advance to the semis on Oct. 10. The winners advance to the final and qualify for the 2016 Olympics.

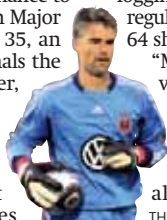
THE ASSOCIATED PRESS

MLS

Inspirational Onstad enters Hall of Fame

There are many routes to the Hall of Fame, but not many like Pat Onstad's. The six-foot-four, 215-pound goalkeeper from Vancouver didn't get a chance to showcase his skills in Major League Soccer until 35, an age that usually signals the end of an elite career, not the beginning.

For Onstad, it was — finally — a chance to shine on a big stage. He went on to win MLS titles



in 2003 with San Jose and '06 and '07 with Houston and was named the league's top 'keeper in 2003 and 2005. He ended up logging 20,076 minutes in 223 regular-season MLS games with 64 shutouts.

"My story is one of perseverance," said Onstad, now 47 and an assistant coach with the Columbus Crew. "I just kept hanging around, kept always giving my best."

THE CANADIAN PRESS

MLB IN BRIEF

Blue Jays call up Carrera

The Toronto Blue Jays selected the contract of outfielder Ezequiel Carrera from triple-A Buffalo on Tuesday.

The 28-year-old Venezuelan batted .279 with three home runs and 21 RBIs in 70 games for the Blue Jays earlier this season. In 246 career big-league games for Toronto, Detroit, Philadelphia and Cleveland, Carrera has a

.259 average with five home runs and 49 RBIs. The Blue Jays entered Tuesday night's game at Philadelphia with a three-game lead on Baltimore in the race for the first wild-card spot in the American League. THE CANADIAN PRESS

Yankee Mitchell on disabled list after line drive hits head

Rookie pitcher Bryan Mitchell has been placed on the sev-

en-day concussion disabled list by the New York Yankees, a day after he was hit in the head by a line drive that left him with a nasal fracture.

The right-hander, 24, was removed from Monday night's game with a towel over his bloody face and taken to a hospital. He was struck in the second inning of New York's 8-7 win over Minnesota. THE ASSOCIATED PRESS

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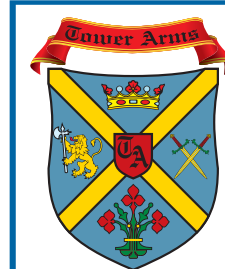
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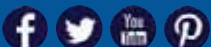
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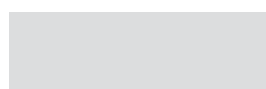
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Prep time: 15 minutes

Cook time: 12 minutes

Ingredients

- 2 tsp orange zest
- 1 Tbsp Dijon mustard
- 1/4 cup chopped parsley
- 12 oz salmon fillet
- 1/2 cup orzo or any small shaped pasta
- 4 cups sugar snap peas
- 8 cups arugula or spinach

Dressing

- 1/4 cup orange juice
- 4 tsp Dijon mustard
- 2 tsp honey
- 1/2 tsp minced garlic
- 2 Tbsp olive oil
- 1 tsp grated orange zest
- Salt and pepper

Directions

1. Preheat oven to 400 F.

Combine zest, mustard and parsley and spread over salmon. Bake salmon, just until cooked to your preference, approximately eight to 12 minutes. Break into small pieces. Set aside.

2. Meanwhile, in a pot of boiling water, cook orzo just until tender, about six to eight minutes. During the last minute, add peas. Drain and rinse with cold water. Place on large serving platter with arugula.

3. Dressing: Combine dressing ingredients in a small bowl.

4. Add dressing and salmon to salad and gently toss.

Nutrition per serving (serves 4)

- Calories 230
- Protein 19 g
- Carbohydrates 13 g
- Fibre 1 g
- Total fat 11 g
- Saturated fat 1.5 g
- Cholesterol 45 mg
- Sodium 420 mg

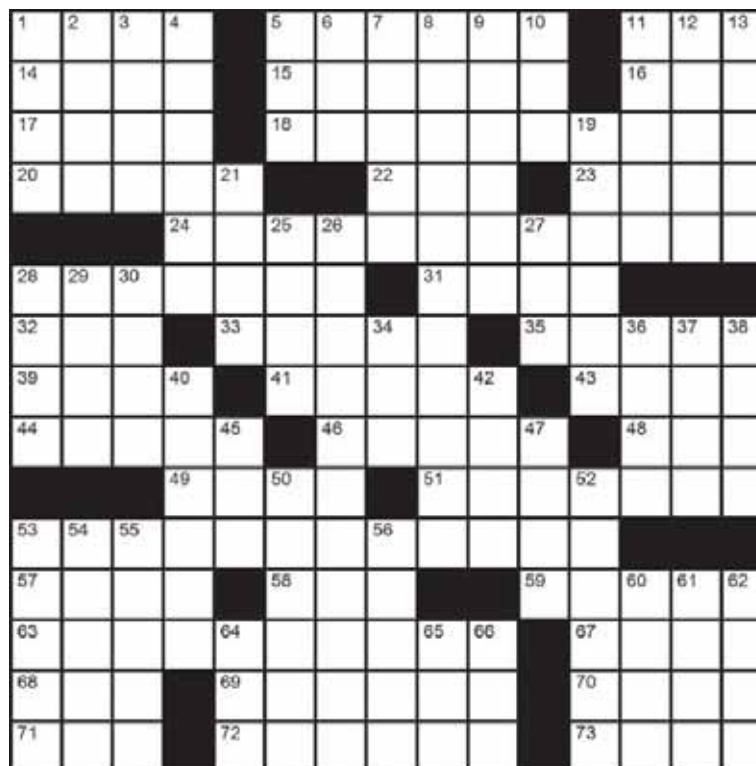
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Pierre's friends
5. Ocean floor
11. "Smokey and the Bandit" (1977) star ...his initials-sharers
14. Volcanic flow
15. Roch Voisine title song lady
16. Liberace's nickname
17. Univ. lecturer
18. Margaret Atwood book which won the Giller Prize in 1996: 2 wds.
20. Nail alternative
22. 6's phone letters
23. Broadway beginning: word + Roman Numeral
24. A blue cuff is featured on it on Facebook: 3 wds.
28. Brand for creators of colourful drawings
31. Positive
32. Clash
33. More rational
35. Pants holder-uppers
39. Comparable
41. "Robert De _ Waiting..." by Bananarama
43. Grim
44. Cover with droplets, as morning grass
46. Might
48. Actress Ms. Leoni
49. Edible root
51. Make strong
53. What 'DIY' means
57. Wistfully sighed



phrase: 2 wds.

58. Chairman in The Beatles' "Revolution"
59. Country resort building
63. They're the popular things to jump on
67. Crucifix
68. William to Harry,

for short

69. Captivate, variantly
70. Freezer tray's one-of-some
71. At the age of, in Latin [abbr.]
72. Ornamental tree
73. Character on

"The Waltons"

DOWN

1. Snow-peaked mountains
2. Painter Mr. Chagall
3. Welsh composer/actor Mr. Novello
4. Refuge
5. _ Na Na
6. An elver is a young what?
7. Out on _
8. Chop suey ingredients: 2 wds.
9. Spiritualize
10. MBA, e.g.
11. "Wake Me Up" singer Aloe

12. Right-hand page
13. Welcome a client at reception: 2 wds.
19. Brought up
21. " _ That Girl": 1987 Madonna hit
25. Capital of Mongolia, _ Bator
26. Quebec's millions and millions of years old impact crater lake
27. "Coronation Street" hangout
28. Zodiac creature
29. Gardening tool
30. Amongst
34. Suffix with 'Ranch'
36. Baltic country where Vilnius is the cap.
37. Oxygen-giver
38. John and Yoko's musician son
40. Like the captured group of fish
42. Gin flavouring
45. Method
47. Boring
50. Comedian/actor Ray
52. Sensation for an astronaut
53. Part of Fred Flintstone's exclamation!
54. Chicago airport
55. " _ _ sure." (Beats me)
56. Boards
60. Sullen
61. Desert in Mongolia
62. Paradise
64. Network
65. Cacharel perfume
66. Lanka's lead

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will be at your fun-loving best today but watch out for people who get their kicks from disrupting other people's enjoyment. Don't get angry because that will only encourage them.

Taurus April 21 - May 21
You will encounter the kind of problem that would knock lesser mortals for six. But you are not a lesser mortal, you are a Taurus, and you will find a way to handle it.

Gemini May 22 - June 21
Something delightful will happen today. Someone you are close to will do something unexpected to make you feel good. There are still some really nice people in the world.

Cancer June 22 - July 23
Something will go wrong today, try to be philosophical about it. You should know that life moves in cycles and that whatever you lose you will make up for.

Leo July 24 - Aug. 23
Do you focus on chores and duties? Or do you just enjoy yourself? You must make a decision and stick to it. If you try to get the best of both worlds you may end up with neither.

Virgo Aug. 24 - Sept. 23
There will be lots of coming and going today and it will be a bit tiring. Chances are you won't get much work done but don't worry — you have no choice but to go with the flow.

Libra Sept. 24 - Oct. 23
The harder you try not to be anxious about something the more it will prey on your mind. There is nothing that can be done about it now, so focus on things that make you smile.

Scorpio Oct. 24 - Nov. 22
Something surprising will happen and although you don't like to be taken unawares on this occasion you won't mind a bit. Any doubts you may have about a loved one's commitment will disappear for good.

Sagittarius Nov. 23 - Dec. 21
Control your tendency to go to extremes, otherwise an accident is likely to occur. An affair of the heart may be going well but if you start acting crazy you may scare them off.

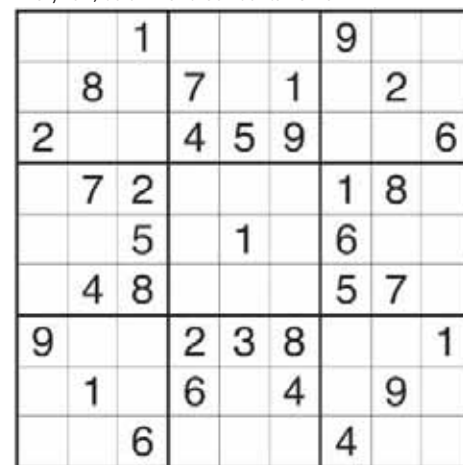
Capricorn Dec. 22 - Jan. 20
Be wary of people who flatter for no good reason. According to the planets there is a lot of intrigue, a lot of planning and plotting behind the scenes. Refuse to get involved.

Aquarius Jan. 21 - Feb. 19
Just when everything was going right your plans have been thrown into confusion again. It may be frustrating but don't get angry with people who let you down because chances are they are victims too.

Pisces Feb. 20 - March 20
Other people may be breaking the rules left, right and center but that is not an excuse for you to follow their example. Keep doing it the right way. There is no need to cut corners.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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